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Securities and Exchange Commission
Office Of the International Corporate Finance
Room 3094 STOP 3-6

450 Fifth Street N.W. Washington DC 20549

USA



J Sainsbury plc 33 Holborn London ECIN 2HT

Telephone 020 7695 6000 www.j-sainsbury.co.uk

Ext:

020 7695 6378 020 7695 6378

Fax: Date:

18 May 2007

SUPPL

Dear Sir

J Sainsbury Announces: Director/PDMR Shareholding.

Please find enclosed copies of the above announcements made to the London Stock Exchange on 18th May 2007.

Yours sincerely

Hazel JarvisDeputy Secretary

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1. Name of the issuer	
J Sainsbury plc	
2. State whether the notification relates to (i) a transaction notified in a DR 3.1.4R(1)(a); or	ccordance with
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 by section 328) of the Companies Act 1985; or	(as extended
(iii) both (i) and (ii)	
(i)and (ii)	THE TOTAL THE TOTAL OF THE TOTA
3. Name of person discharging managerial responsibilities/director	= >
Justin Matthew King	-9 U
4. State whether notification relates to a person connected with a person managerial responsibilities/director named in 3 and identify the connected with a person connected w	
N/A	
5. Indicate whether the notification is in respect of a holding of the per in 3 or 4 above or in respect of a non-beneficial interest	son referred to
Justin Matthew King	
6. Description of shares (including class), debentures or derivative instruments relating to shares	es or financial
Ordinary Shares 28 ⁴⁷ p each	
7. Name of registered shareholders(s) and, if more than one, the numbeld by each of them	mber of <i>shares</i>

Justin Matthew King

Exercise of performance share plan option on maturity of the Plan

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired 147,810 ordinary shares

10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)

n/a

11. Number of shares, debentures or financial instruments relating to shares disposed

Of the above, Justin King has retained 30,000 shares and sold the remainder of 117,810. As set out below, Justin King's shareholding has increased from 274,088 to 304,088 shares

12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost

Shares sold 557.0 p per share

14. Date and place of transaction

16 May 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

304,088 ordinary shares

16 May 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
16 May 2007
18. Period during which or date on which it can be exercised
16 May 2007 – 15 May 2017
19. Total amount paid (if any) for grant of the option
Nil
20. Description of shares or debentures involved (class and number)
147,810 ordinary shares of which 117,810 shares sold and 30,000 retained
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil
22. Total number of <i>shares</i> or debentures over which options held following notification

16. Date issuer informed of transaction

23. Any additional information

An option was granted under the Company's Long Term Performance Share Plan which was exercised and 117,810 shares sold. 30,000 shares have been retained.

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of issuer responsible for making notification

Hazel Jarvis

Date of notification

16 May 2007

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the issuer

J Sainsbury plc

- 2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
- (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
- (iii) both (i) and (ii)

(i)

3. Name of person discharging managerial responsibilities/director

Imelda Walsh

4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Imelda Walsh
6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares
Ordinary Shares 28 ^{4/7} p each
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
Imelda Walsh
8 State the nature of the transaction
Exercise of performance share plan option on maturity of the Plan ("PSP")
Exercise under the Executive Share Option Plan ("ESOS")
9. Number of shares, debentures or financial instruments relating to shares acquired
44,260 ordinary shares PSP
47,911 ordinary shares ESOS
10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)
n/a

12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost PSP

Shares purchased 407.0 pence ESOS

Shares sold 557.0 p per share PSP

Shares sold 550.46p per share ESOS

14. Date and place of transaction

16 May 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

45,190 ordinary shares

16. Date issuer informed of transaction

16 May 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

17 Date of grant

16 May 2007 PSP

18. Period during which or date on which it can be exercised

16 May 2007 - 15 May 2017 PSP

20. Description of shares or debentures involved (class and number) 44,260 ordinary shares
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil
22. Total number of <i>shares</i> or debentures over which options held following notification
23. Any additional information
24. Name of contact and telephone number for queries Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification

19. Total amount paid (if any) for grant of the option

1. Name of the issuer

J Sainsbury plc

2. State whether the notification relates to (i) a transaction notified in accordance with $DR\ 3.1.4R(1)(a)$; or
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
(iii) both (i) and (ii)
<i>(i)</i>
3. Name of person discharging managerial responsibilities/director
Timothy Fallowfield
4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Timothy Fallowfield
6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares
Ordinary Shares 28 ^{4/7} p each
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
Timothy Fallowfield

Exercise of performance share plan option on maturity of the Plan ("PSP")

Exercise under the Executive Share Option Plan ("ESOS")

9. Number of shares, debentures or financial instruments relating to shares acquired

27,919 ordinary shares PSP

36,855 ordinary shares ESOS

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

- 11. Number of shares, debentures or financial instruments relating to shares disposed
- 53,774 ordinary shares
- 12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost PSP

Shares purchased 407.0 pence ESOS

Shares sold 557.0 p per share PSP

Shares sold 550.46p per share ESOS

14. Date and place of transaction

16 May 2007

notification (any treasury shares should not be taken into account when calculating percentage)
42,996 ordinary shares
16. Date issuer informed of transaction
16 May 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
16 May 2007 PSP
18. Period during which or date on which it can be exercised
16 May 2007 – 15 May 2017 PSP 19. Total amount paid (if any) for grant of the option
Nil
20. Description of <i>shares</i> or debentures involved (<i>class</i> and number)
27,919 ordinary shares
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

Nil

22. Total n notification	umber	of <i>sh</i>	ares	or	debentures	over	which	options	held	following
		•••								
23. Any addi	tional ii	nforma	ation							
24. Name of	contact	and te	elepho	ne	number for	querie	S			
Hazel Jarvis	0207 69	95 637	78							
Name and s	ignatur	e of d	iuly 2	autł	orised offic	cer of	issuer	responsi	ble fo	r making
Hazel Jarvis										
Date of notif	ication									
16 May 2007										

1.	Na	me	ot	the	iss	uer
JS	Sair	nsbi	ıry	plo	:	

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- (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
- (iii) both (i) and (ii)
- (i)and (ii)
- 3. Name of person discharging managerial responsibilities/director

 Justin Matthew King
- 4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Justin Matthew King

6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares

Ordinary Shares 28⁴⁷⁷ p each

7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them

Justin Matthew King

Exercise of performance share plan option on maturity of the Plan

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired 147,810 ordinary shares

10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)

n/a

11. Number of shares, debentures or financial instruments relating to shares disposed

Of the above, Justin King has retained 30,000 shares and sold the remainder of 117,810. As set out below, Justin King's shareholding has increased from 274,088 to 304,088 shares

12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost

Shares sold 557.0 p per share

14. Date and place of transaction

16 May 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

304,088 ordinary shares

16 May 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
16 May 2007
18. Period during which or date on which it can be exercised
16 May 2007 – 15 May 2017
19. Total amount paid (if any) for grant of the option
Nil
20. Description of shares or debentures involved (class and number)
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23. Any additional information

An option was granted under the Company's Long Term Performance Share Plan which was exercised and 117,810 shares sold. 30,000 shares have been retained.

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of issuer responsible for making notification

Hazel Jarvis

Date of notification

16 May 2007

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the issuer

J Sainsbury plc

- 2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
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Imelda Walsh

4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
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Imelda Walsh
6. Description of <i>shares</i> (including <i>class</i>), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 ^{4/7} p each
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
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8 State the nature of the transaction
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13. Price per share or value of transaction

Shares purchased nil cost PSP

Shares purchased 407.0 pence ESOS

Shares sold 557.0 p per share PSP

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16 May 2007

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18. Period during which or date on which it can be exercised

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······································
23. Any additional information
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification
16 May 2007

19. Total amount paid (if any) for grant of the option

1. Name of the issuer
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3. Name of person discharging managerial responsibilities/director
Timothy Fallowfield
4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Timothy Fallowfield
6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares
Ordinary Shares 28 ^{4/7} p each
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them
Timothy Fallowfield

Exercise of performance share plan option on maturity of the Plan ("PSP")

Exercise under the Executive Share Option Plan ("ESOS")

9. Number of shares, debentures or financial instruments relating to shares acquired

27,919 ordinary shares PSP

36,855 ordinary shares ESOS

10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)

n/a

- 11. Number of shares, debentures or financial instruments relating to shares disposed
- 53,774 ordinary shares
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16 May 2007

notification (any treasury shares should not be taken into account when calculating percentage)
42,996 ordinary shares
16. Date issuer informed of transaction
16 May 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
16 May 2007 PSP
18. Period during which or date on which it can be exercised
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19. Total amount paid (if any) for grant of the option
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20. Description of shares or debentures involved (class and number)
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21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil

22. To notifica	tal number tion	of shares	or	debentures	over	which	options	held	following
•••••••••••		• • • • • • • • • • • • • • • • • • • •							
23. Any additional information									
24. Name of contact and telephone number for queries									
Hazel Jarvis 0207 695 6378									
Name and signature of duly authorised officer of issuer responsible for making notification									
Hazel J	arvis								
Date of	notification	1							
16 May	2007								

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1. Name of the issuer

J Sainsbury plc

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- 2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
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- 3. Name of person discharging managerial responsibilities/director

Justin Matthew King

4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Justin Matthew King

6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares

Ordinary Shares 28417 p each

7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them

Justin Matthew King

Exercise of performance share plan option on maturity of the Plan

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired 147,810 ordinary shares

10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage)

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Of the above, Justin King has retained 30,000 shares and sold the remainder of 117,810. As set out below, Justin King's shareholding has increased from 274,088 to 304,088 shares

12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)

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13. Price per share or value of transaction

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304,088 ordinary shares

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If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
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Hazel Jarvis

Date of notification

16 May 2007

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the issuer

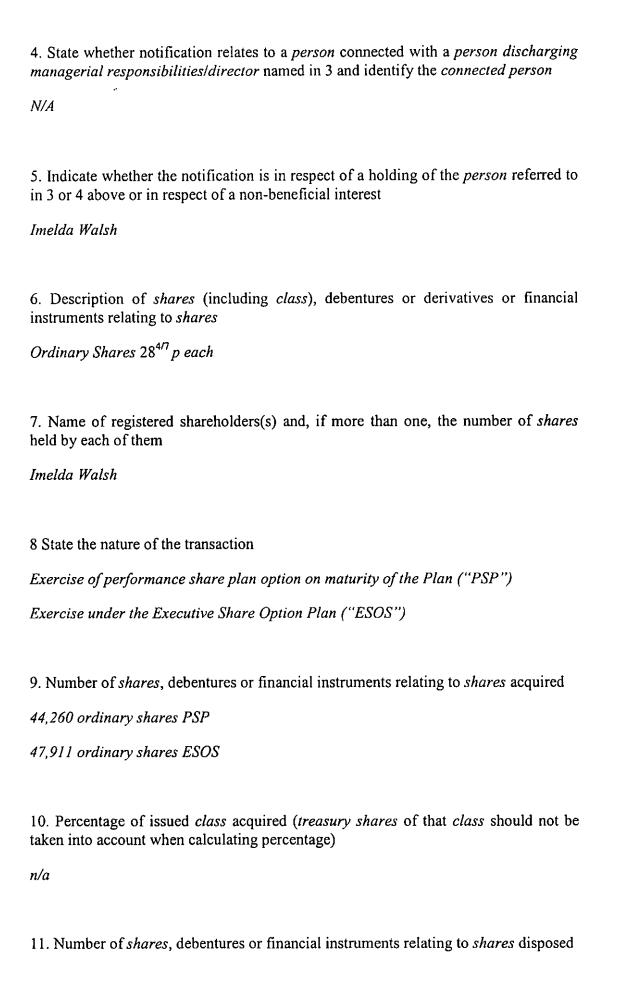
J Sainsbury plc

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(i)

3. Name of person discharging managerial responsibilities/director

Imelda Walsh



12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost PSP

Shares purchased 407.0 pence ESOS

Shares sold 557.0 p per share PSP

Shares sold 550.46p per share ESOS

14. Date and place of transaction

16 May 2007

- 15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)
- 45,190 ordinary shares
- 16. Date issuer informed of transaction

16 May 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

17 Date of grant

16 May 2007 PSP

18. Period during which or date on which it can be exercised

16 May 2007 - 15 May 2017 PSP

Nil
20. Description of shares or debentures involved (class and number)
44,260 ordinary shares
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil
22. Total number of <i>shares</i> or debentures over which options held following notification
23. Any additional information
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Timothy Fallowfield
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6. Description of shares (including class), debentures or derivatives or financia instruments relating to shares
Ordinary Shares 28 ^{4/7} p each
7. Name of registered shareholders(s) and, if more than one, the number of sharehold by each of them

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Shares purchased nil cost PSP

Shares purchased 407.0 pence ESOS

Shares sold 557.0 p per share PSP

Shares sold 550.46p per share ESOS

14. Date and place of transaction

16 May 2007

	not be taken into account when calculating
42,996 ordinary shares	
16. Date issuer informed of transaction	
16 May 2007	
If a person discharging managerial resp the issuer complete the following boxes	onsibilities has been granted options by
17 Date of grant	
16 May 2007 PSP	
18. Period during which or date on which	it can be exercised
16 May 2007 – 15 May 2017 PSP	
19. Total amount paid (if any) for grant o	f the option
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20. Description of shares or debentures in 27,919 ordinary shares	avolved (class and number)
21. Exercise price (if fixed at time of gr the time of exercise	ant) or indication that price is to be fixed at
Nil	

22. Total n	umber o	of shares	or	debentures	over	which	options	held	following
	• • • • • • • • • • • • • • • • • • • •								
23. Any addi	itional in	formation							
24. Name of contact and telephone number for queries									
Hazel Jarvis	0207 69	5 6378							
Name and s notification	signatur	e of duly	autł	norised off	icer of	issuer	responsi	ble fo	or making
Hazel Jarvis									
Date of noti	fication								
16 May 2007	7								

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1. Name of the issuer

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Justin Matthew King

4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person

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5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Justin Matthew King

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

Ordinary Shares 284/7 p each

7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them

Justin Matthew King

Exercise of performance share plan option on maturity of the Plan

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired 147,810 ordinary shares

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of shares, debentures or financial instruments relating to shares disposed

Of the above, Justin King has retained 30,000 shares and sold the remainder of 117,810. As set out below, Justin King's shareholding has increased from 274,088 to 304,088 shares

12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost

Shares sold 557.0 p per share

14. Date and place of transaction

16 May 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

304,088 ordinary shares

16 May 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
16 May 2007
18. Period during which or date on which it can be exercised
16 May 2007 – 15 May 2017
19. Total amount paid (if any) for grant of the option
Nil
20. Description of shares or debentures involved (class and number)
147,810 ordinary shares of which 117,810 shares sold and 30,000 retained
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil
22. Total number of <i>shares</i> or debentures over which options held following notification

16. Date issuer informed of transaction

23. Any additional information

An option was granted under the Company's Long Term Performance Share Plan which was exercised and 117,810 shares sold. 30,000 shares have been retained.

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of issuer responsible for making notification

Hazel Jarvis

Date of notification

16 May 2007

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the issuer

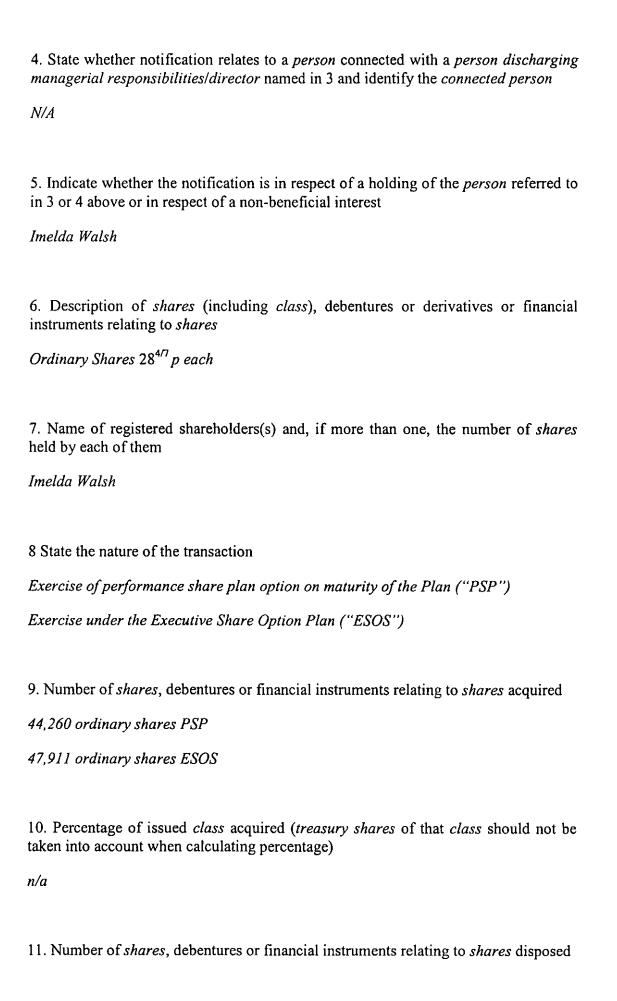
J Sainsbury plc

- 2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
- (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
- (iii) both (i) and (ii)

(i)

3. Name of person discharging managerial responsibilities/director

Imelda Walsh



92,171 ordinary shar	es
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12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost PSP

Shares purchased 407.0 pence ESOS

Shares sold 557.0 p per share PSP

Shares sold 550.46p per share ESOS

14. Date and place of transaction

16 May 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

45,190 ordinary shares

16. Date issuer informed of transaction

16 May 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

17 Date of grant

16 May 2007 PSP

18. Period during which or date on which it can be exercised

16 May 2007 - 15 May 2017 PSP

Nil
20. Description of shares or debentures involved (class and number)
44,260 ordinary shares
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil
22. Total number of <i>shares</i> or debentures over which options held following notification
23. Any additional information
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification
16 May 2007

19. Total amount paid (if any) for grant of the option

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the issuer
J Sainsbury plc
2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
(iii) both (i) and (ii)
<i>(i)</i>
3. Name of person discharging managerial responsibilities/director
Timothy Fallowfield
4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Timothy Fallowfield
6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares
Ordinary Shares 28 ^{4/7} p each
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them

Timothy Fallowfield

8 State the nature of the transaction Exercise of performance share plan option on maturity of the Plan ("PSP") Exercise under the Executive Share Option Plan ("ESOS") 9. Number of shares, debentures or financial instruments relating to shares acquired 27,919 ordinary shares PSP 36,855 ordinary shares ESOS 10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage) n/a 11. Number of shares, debentures or financial instruments relating to shares disposed 53,774 ordinary shares 12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage) n/a 13. Price per *share* or value of transaction

Shares purchased nil cost PSP

Shares purchased 407.0 pence ESOS

Shares sold 557.0 p per share PSP

Shares sold 550.46p per share ESOS

14. Date and place of transaction

16 May 2007

15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
42,996 ordinary shares
16. Date issuer informed of transaction
16 May 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
16 May 2007 PSP
18. Period during which or date on which it can be exercised
16 May 2007 – 15 May 2017 PSP
19. Total amount paid (if any) for grant of the option
Nil
20. Description of shares or debentures involved (class and number)
27,919 ordinary shares
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil

22. Total r notification	number	of <i>shares</i>	or	debentures	over	which	options	held	following
23. Any add	itional ir	ıformation							
24. Name of	contact	and telepho	one	number for	querie	s			
Hazel Jarvis	0207 69	P5 6378							
Name and s	signatur	e of duly a	autl	orised offi	cer of	issuer	responsi	ble fo	r making
Hazel Jarvis	•								
Date of noti	fication								
16 May 2007	7								

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

FOR OF HILLIAM DOTAL CONFORATE FOR GROWN

1. Name of the issuer

J Sainsbury plc

- 2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
- (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
- (iii) both (i) and (ii)
- (i)and (ii)
- 3. Name of person discharging managerial responsibilities/director

Justin Matthew King

4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person

N/A

5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest

Justin Matthew King

6. Description of shares (including class), debentures or derivatives or financial instruments relating to shares

Ordinary Shares 284/7 p each

7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them

Justin Matthew King

8 State the nature of the transaction

Exercise of performance share plan option on maturity of the Plan

9. Number of shares, debentures or financial instruments relating to shares acquired 147,810 ordinary shares

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

11. Number of shares, debentures or financial instruments relating to shares disposed

Of the above, Justin King has retained 30,000 shares and sold the remainder of 117,810. As set out below, Justin King's shareholding has increased from 274,088 to 304,088 shares

12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost

Shares sold 557.0 p per share

14. Date and place of transaction

16 May 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

304,088 ordinary shares

16 May 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
16 May 2007
18. Period during which or date on which it can be exercised 16 May 2007 – 15 May 2017
19. Total amount paid (if any) for grant of the option
Nil
20. Description of shares or debentures involved (class and number)
147,810 ordinary shares of which 117,810 shares sold and 30,000 retained
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil
22. Total number of shares or debentures over which options held following notification

16. Date issuer informed of transaction

23. Any additional information

An option was granted under the Company's Long Term Performance Share Plan which was exercised and 117,810 shares sold. 30,000 shares have been retained.

24. Name of contact and telephone number for queries

Hazel Jarvis 0207 695 6378

Name and signature of duly authorised officer of issuer responsible for making notification

Hazel Jarvis

Date of notification

16 May 2007

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the issuer

J Sainsbury plc

- 2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
- (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
- (iii) both (i) and (ii)

(i)

3. Name of person discharging managerial responsibilities/director

Imelda Walsh

4. State whether notification relates to a person connected with a person disc managerial responsibilities/director named in 3 and identify the connected per	
N/A	
5. Indicate whether the notification is in respect of a holding of the <i>person</i> ret in 3 or 4 above or in respect of a non-beneficial interest	ferred to
Imelda Walsh	
6. Description of <i>shares</i> (including <i>class</i>), debentures or derivatives or instruments relating to <i>shares</i>	financial
Ordinary Shares 28 ^{4/7} p each	
7. Name of registered shareholders(s) and, if more than one, the number of held by each of them	f <i>shares</i>
Imelda Walsh	
8 State the nature of the transaction	
Exercise of performance share plan option on maturity of the Plan ("PSP")	
Exercise under the Executive Share Option Plan ("ESOS")	
9. Number of shares, debentures or financial instruments relating to shares acc	quired
44,260 ordinary shares PSP	
47,911 ordinary shares ESOS	
10. Percentage of issued class acquired (treasury shares of that class should taken into account when calculating percentage)	d not be
n/a	
11. Number of shares, debentures or financial instruments relating to shares di	isposed

12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost PSP

Shares purchased 407.0 pence ESOS

Shares sold 557.0 p per share PSP

Shares sold 550.46p per share ESOS

14. Date and place of transaction

16 May 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

45,190 ordinary shares

16. Date issuer informed of transaction

16 May 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

17 Date of grant

16 May 2007 PSP

18. Period during which or date on which it can be exercised

16 May 2007 - 15 May 2017 PSP

Nil
20. Description of shares or debentures involved (class and number)
44,260 ordinary shares
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil
22. Total number of <i>shares</i> or debentures over which options held following notification
23. Any additional information
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification
16 May 2007

19. Total amount paid (if any) for grant of the option

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

1. Name of the issuer
J Sainsbury plc
2. State whether the notification relates to (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
(ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
(iii) both (i) and (ii)
<i>(i)</i>
3. Name of person discharging managerial responsibilities/director
Timothy Fallowfield
4. State whether notification relates to a person connected with a person discharging managerial responsibilities/director named in 3 and identify the connected person
N/A
5. Indicate whether the notification is in respect of a holding of the <i>person</i> referred to in 3 or 4 above or in respect of a non-beneficial interest
Timothy Fallowfield
6. Description of <i>shares</i> (including <i>class</i>), debentures or derivatives or financial instruments relating to <i>shares</i>
Ordinary Shares 28 ^{4/7} p each
7. Name of registered shareholders(s) and, if more than one, the number of shares held by each of them

Timothy Fallowfield

8 State the nature of the transaction

Exercise of performance share plan option on maturity of the Plan ("PSP")

Exercise under the Executive Share Option Plan ("ESOS")

9. Number of shares, debentures or financial instruments relating to shares acquired 27,919 ordinary shares PSP

36,855 ordinary shares ESOS

10. Percentage of issued *class* acquired (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

- 11. Number of shares, debentures or financial instruments relating to shares disposed
- 53,774 ordinary shares
- 12. Percentage of issued *class* disposed (*treasury shares* of that *class* should not be taken into account when calculating percentage)

n/a

13. Price per share or value of transaction

Shares purchased nil cost PSP

Shares purchased 407.0 pence ESOS

Shares sold 557.0 p per share PSP

Shares sold 550.46p per share ESOS

14. Date and place of transaction

16 May 2007

15. Total holding following notification and total percentage holding following notification (any <i>treasury shares</i> should not be taken into account when calculating percentage)
42,996 ordinary shares
16. Date issuer informed of transaction
16 May 2007
If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes
17 Date of grant
16 May 2007 PSP
18. Period during which or date on which it can be exercised
16 May 2007 – 15 May 2017 PSP
19. Total amount paid (if any) for grant of the option
Nil
20. Description of shares or debentures involved (class and number)
27,919 ordinary shares
21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
Nil
4 100

22. Total number of <i>shares</i> or debentures over which options held following notification
23. Any additional information
24. Name of contact and telephone number for queries
Hazel Jarvis 0207 695 6378
Name and signature of duly authorised officer of issuer responsible for making notification
Hazel Jarvis
Date of notification
16 May 2007

